



MENTAL
HEALTH
FIRST AID®



Attention Educators:

Gulf Coast has a grant to train educators and other school personnel in Youth Mental Health First Aid for **FREE!** To learn more and sign up for an upcoming training (including **FREE** training for educators), contact:

Jeanine McNulty at

(409) 763-2373 or

JeanineM@gulfcoastcenter.org



Continuing Education Credit:

Professional continuing education credits are available for Licensed Counselors, Social Workers, Teachers, and Human Resources Professionals.

MENTAL HEALTH FIRST AID

Mental Health First Aid Responder Training and Certification is available to the community! Gulf Coast Center introduces Mental Health First Aid to Galveston and Brazoria Counties - Joining the National Initiative to Increase Mental Health Literacy. The Center will train teachers, school nurses and counselors, military veterans, and members of the public to improve mental health literacy – helping them to identify, **understand and respond to signs of mental illness.**

What Is It?

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

Who Benefits?

Everyone! Trainings are held throughout the country for individuals from all parts of the community. Trainees have included personnel from the following types of organizations: law enforcement, churches, public schools, colleges and universities, city bus services, libraries, hospitals, business, community service agencies, first responders, CPS, military and property management.

WHERE CAN I LEARN MORE?

For more information or to participate in a Mental Health First Aid training, visit the Gulf Coast Center website www.gulfcoastcenter.org, the national website www.mentalhealthfirstaid.org, or contact Jeanine McNulty at (409) 763-2373 or JeanineM@gulfcoastcenter.org

Did You Know?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental Disorders are more common than heart disease and cancer combined.

**Gulf Coast Center serves as the Mental Health Authority for Galveston and Brazoria Counties, also providing services in substance use recovery and intellectual & developmental disabilities.*